

Let's Move Volusia's YOUth, Best Practices

Whether you have a program that is working and making an impact or you would like to get started, it always helps to read and learn what other successful programs are out there. Local to our community, the Northeast Florida Counts website features many promising practices with documented success.

Below are just a few websites that may be worth a scan. Please feel free to share back others that you are aware of that should be added!

NORTHEAST FLORIDA Counts:

Promising Practices

www.nefloridacounts.org/modules.php?op=modload&name=PromisePractice&file=index1&topic=5

Centers for Disease Control and Prevention:

Division of Nutrition, Physical Activity and Obesity

www.cdc.gov/nccdphp/dnpao/

Healthy Youth!

www.cdc.gov/healthyyouth/obesity/

National Institute for Healthcare Management (in partnership with CDC)

www.nihcm.org/pdf/FINAL_report_CDC_CO.pdf

Community Guide

www.thecommunityguide.org

Institute of Medicine's Local Government Actions to Prevent Childhood Obesity

www.iom.edu/Reports/2009/ChildhoodObesityPreventionLocalGovernments.aspx

The Robert Wood Johnson Foundation to Prevent Childhood Obesity

www.reversechildhoodobesity.org/content/about-us

Mayo Clinic

Tips for Getting Kids Healthy, Getting Children Off the Couch

www.mayoclinic.com/health/fitness/FL00030

California State University, Fresno:

Best Practices in the Prevention and Treatment of Obesity in Children

www.csufresno.edu/ccchhs/documents/CCROPP_best_pract_obesity_prev_tmt.pdf

Other Information and Sites

- <http://www.ahealthieramerica.org/about.html>
- <http://www.letsmove.gov/>
- <http://www.letsmovevolusiasyouth.org>



Policy, Systems and Environmental Change Strategies

	Physical Activity	Nutrition
Community-at-large Sector	<ol style="list-style-type: none"> 1. Sidewalks 2. Land use plan 3. Bike facilities 4. Complete streets plan 5. Walking route maintenance 6. Park maintenance 7. Parks, shared-use paths and trails, or open spaces 8. Mixed land use 9. Sidewalk compliance with the Americans with Disabilities Act 10. Public recreation programs and activities (e.g., walking, biking, or other physical activity opportunities for all) 11. Public transportation within reasonable walking distance 12. Street traffic calming measure 13. Personal safety strategies 14. Other 	<ol style="list-style-type: none"> 1. Healthy food and beverage option retail strategies 2. Healthy food and beverage options at local restaurants and food venues 3. Healthy food and beverage options at public parks and recreation facilities 4. Community gardens 5. Public transportation to supermarkets and grocery stores 6. Farmers' markets 7. WIC and food stamp vouchers or food stamp benefits at farmers' markets 8. Locally grown food 9. Fruit and vegetable promotion 10. Nutritional labeling 11. Smaller portion sizes 12. Trans fat ban 13. Recruitment of supermarkets and large grocery stores in underserved areas 14. Private spaces for nursing or pumping 15. Right to breastfeed in public places 16. Pricing strategies 17. Safe, unflavored, cool drinking water at no cost at public parks and recreation facilities 18. Other
School Sector	<ol style="list-style-type: none"> 1. Physical activity as punishment ban 2. Active time during physical education class 3. Competitive and noncompetitive physical activities 4. Walk or bike to school initiative 5. Proper equipment and facilities 6. School location within reasonable walking distance of residential areas 7. Other 	<ol style="list-style-type: none"> 1. Healthy food and beverage options beyond the school food services 2. School breakfast and lunch programs 3. Healthy food preparation practices 4. Marketing ban of less than healthy foods and beverages 5. Promotion and marketing only of healthy food and beverage options 6. Adequate time to eat school meals